



# Child and Adult Care Food Program Newsletter \* Summer 2011

703 S. Main Street, Suite 211 \* Akron, Ohio 44311  
1-800-407-5437 \* FAX 1-800- 777-0655 \* [www.childcare-connection.org](http://www.childcare-connection.org)

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**July** is National Blueberry Month. While you **crave your colors** this month, add blueberries to your snack or meals. Blueberries are rich in protein, soluble fiber, and ranked number 1 in antioxidant benefits compared to other fruits and vegetables. They are available all year round and in a variety of forms including, fresh, frozen, juice and dried.

## CRAVE YOUR COLORS

Eat a variety of colors of fruits and vegetables daily.

Fruits and vegetables not only add a variety of flavor, color, and texture to the diet, they keep the body healthy. Each color offers specific benefits to our health.

- ❖ **RED** fruits and vegetables help maintain a healthy heart, memory function and urinary tract health, and lowers risk of some cancers.
- ❖ **ORANGE** and **YELLOW** fruits and vegetables help maintain heart, vision and immune system health, and lowers risk of some cancers.
- ❖ **BLUE, PURPLE** and **BLACK** fruits and vegetables provide antioxidants that help lower risk of some cancers, promote healthy aging, and improve urinary tract health, memory function and heart health.
- ❖ **GREEN** fruits and vegetables help lower risk of some cancers, reduce risk of heart disease, maintain vision health, protect against birth defects and keep red blood cells, bones and teeth strong.
- ❖ **WHITE, BROWN,** and **TAN** fruits and vegetables can help maintain heart health and lower cancer risk.

For more information about other health benefits of specific fruits and vegetables, see this fact sheet from Kansas State University:

<http://www.ksre.ksu.edu/library/fntr2/mf2649.pdf>.

## Getting the Most from Fresh Fruits and Vegetables

Buy the freshest produce you can find, avoiding anything that's bruised, cracked, punctured, or soft.

Check all produce before storing it. Pick through berries, discarding any that are mushy, fuzzy, or wet. Cut grapes into clusters, removing shriveled fruit. Discard the outer leaves of vegetables if they are wilted, and remove parts that are discolored.

Don't wash produce before you store it. Moist produce molds quickly.

Refrigerate loose produce or in perforated plastic bags, not in air-tight plastic bags. Foods that are best kept out of the refrigerator: tomatoes, bananas, avocados, mangoes, potatoes, onions, and winter squash.

Store fruits and vegetables in separate bins. Many fruits — including apples, pears, and tomatoes — produce ethylene, a ripening gas that changes the taste and texture of vegetables. In general, vegetables like moister air than fruits. If produce gets limp, boost the humidity; if you see mold, lower it.

Handle produce minimally until you use it. As soon as you start cutting into it and removing seeds, it becomes more vulnerable to spoilage.

Wash produce before you bite or cut into it. All fruits and vegetables have bacteria on outer surfaces.

When in doubt, throw it out. Some produce can't be salvaged and is better off in your compost heap than in your stomach.

*Child Care Connection is partially funded by United Way and the Ohio Department of Job and Family Services.*

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## Packing Food for Safe Picnics

It's not difficult to picnic and/or cook outdoors safely. All you need is a cooler, ice or gel packs, and a game plan.

Prepare or purchase picnic fare far enough in advance to be **chilled** before packing. If you buy hot barbecued meats, for example, allow time to chill them before they go in the cooler. Make the potato salad ahead of time. Divide large batches into small portions, which are more quickly chilled.

If you're taking **raw meats** to cook at the picnic, wrap them well to keep their juices from contaminating other foods. Transfer them cold from your refrigerator to the coldest part of the cooler.

Pack the **cooler** full and distribute ice or gel packs evenly. A full cooler stays cold longer.

It may be helpful to pack **beverages** separately from food, to cut down on the number of times you'll have to open the cooler.

Some things don't need **chilling**: peanut butter, canned goods, bread, fruit, crackers, jelly, mustard, and pickles.

Don't transport your cooler in the **trunk**, which tends to get hotter than the rest of the car.

Follow the **2-hour rule**: No perishables should stay out of the cooler for more than two hours. When the temperatures are high, make that one hour.

Utensils and foods set out on a picnic table should be covered to protect them from **insects** and pets until you're ready to eat.

When **grilling** outdoors, cook meats and fish as thoroughly as you would at home. A quick-reading meat thermometer is very helpful.

If a platter or container has been used for **raw meats**, don't use it for anything else until it has been washed with soap.

A picnic is no time to plan for **leftovers**. It's difficult to rechill the food adequately, unless you have a lot of ice in the cooler. If you have been gone for less than five hours, and if the food still feels very cold when you get home, it should be okay. Discard anything you have doubts about.

## Combination Meals

A combination food is one that has multiple components combined together such as a casserole, lasagna, or mixed main dish salads such as chicken salad with vegetables. **Two** different component items are allowed to be claimed towards a reimbursable meal in a combination food. For example, spaghetti that contains meat, noodles, sauce and vegetables can only be claimed for **two** different components.

## New Meal Rates

As of July 1, 2011 the reimbursement rate for meals has changed, following are the new rates.

	<u>Breakfast</u>	<u>Lunch/Supper</u>	<u>Snack</u>
Tier 1	\$ 1.24	\$2.32	\$ .69
Tier 2	\$ .45	\$1.40	\$ .19

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## My Plate



The Department of Agriculture introduced the new food icon, **My Plate**, to replace the My Pyramid image as the government's primary food group symbol. **My plate** is an easy-to-understand visual cue to help consumers adopt healthy eating habits. **My Plate** is consistent with the 2010 Dietary Guidelines for Americans.

## Income Eligibility Forms

Forms have been mailed out. There are a few new changes. Be sure to read the document in full, if you have any questions please do not hesitate to call the office with any questions.

## Got Milk

The Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, modified requirements for fluid milk and fluid milk substitutions in the Child and Adult Care Food Program (CACFP).

## Fat-Free and Low-Fat Milk

Milk served in the CACFP must be consistent with the most recent version of the Dietary Guidelines for Americans. The 2010 Dietary Guidelines recommends that children over two years of age consume fat-free

(skim) or low-fat (1%) fluid milk. Therefore, fluid milk served in CACFP to participants two years of age and older must be: fat-free (skim) or (1%) low-fat milk, fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose free milk, fat-free or low-fat buttermilk, or fat-free or low-fat acidified milk. **The USDA is asking providers to begin implementing this new guideline immediately**, but has allowed each state until October 1, 2011.

## CACFP Trainings

If you have not already registered for 1 of the 5 sessions offered in all 6 counties, please check your e-mail and the "Messages" section of Minute Menu for instructions on how to access the Professional Development Registry to register for this year's mandatory training which is entitled, "Mastering Recordkeeping and Minute Menu Live." Only one class left of CACFP's yearly training. That date is September 15, 2011.

## Provider's Share

Would you like to share an idea or have a thought that could be helpful to another provider? Send us an email or call us! A provider in Mahoning County shared this idea:

On a hot day, use aluminum foil (shiny side up) to make s'mores or English muffin pizzas. The heat from the sun and the shiny side cause the food to cook! **USE CAUTION** with this experiment! Let us know how it turned out.

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